



Social Skills Groups

Groups available for teen girls

Social Confidence & Competence!

Through fun activities, conversation, and exercises, our groups are designed to help teens build their skills.

- Making & keeping friends
- Awareness of social cues
- Conversational skills
- Confidence with peers
- Conflict resolution skills
- Ways to manage energy and emotions
- Skills to deal with mean behavior & bullying—
their own and others
- Personal safety skills
- Self-care & positive mindset
- Skills to cope with social anxiety



Institute for Girls' Development
95 N. Marengo Ave., Suite 100
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626.585.8075

InstituteForGirlsDevelopment.com

To learn more or set up your personal pre-group meeting, contact 626.585.8075, ext. 108.



institute for girls' development
A Psychological Corporation

ABOUT THE INSTITUTE FOR GIRLS' DEVELOPMENT

Girls and women face incredible opportunities and challenges today.

Here at the Institute for Girls' Development, we are dedicated to empowering girls and women through:

- Self-discovery
- Embodied Living
- Hardiness Skills
- Growth Fostering Relationships

We offer caring, comprehensive, and innovative programs and services for girls, women, families, and circles of community.

THERAPY AND COUNSELING SERVICES

- Individual, Family and Couple Therapy
- Group Therapy Programs
- Dialectical Behavior Therapy Programs
- Young Women's Programs
- New and Young Families Program
- Assessment Services

CENTER FOR EDUCATION PROGRAMS

- Workshops, Trainings, Presentations, Retreats and Consultation
- Summer Workshops (children & teens)
- Be R.E.A.L. (Relationships: Extraordinary, Authentic, and Loving)
- Embodied Living Workshops

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